

# HAWAII MARINE LIFESTYLES

HAWAII MARINE B SECTION

JULY 13, 2007

## FOOD, DRINKS: AND ALL THAT JAZZ

**Lance Cpl. Chadwick deBree**  
*Combat Correspondent*

Along Kapiolani Blvd. in Honolulu, music flows through the air attracting anyone passing by. The sweet smell of home cooked shrimp tempura escapes from the kitchen as local musicians perform on stage.

Upon walking in, the staff greets its customers with a smile and hug. Groups of people sit in chairs meant for lounging, talking amongst themselves about legends of jazz.

Jazz Minds Art and Cafe, located behind the Ala Moana Mall, is considered Honolulu's premier jazz club.

"We have been open for a year and 9 months now," said owner Young Yi. "Every other jazz club that opens usually closes in a couple of months, but we've been able to stay open and keep attracting people to come here."

A different performer plays every night in front of a crowd that can reach up to 50 people inside the dimly lit room that showcases pictures of jazz legends including Miles Davis.

Yi said she opened the club in order to give lovers of music a place where they can relax and call their own.

"I love jazz so much, I've been listening to it ever since I was a little kid," she said. "I love the fact that so many people from this younger generation are the ones that predominantly come here to watch the band play. These are the kids that will keep this type of music going for years to come."

One reason Josh Ackers visits Jazz Minds is because of the atmosphere that Yi and her employees provide for its customers.

"This place is one of those places that you can

just come to and just relax," he said. "You're always greeted with a smile from the staff. The music that they play here is great, especially because there's a different types for different types of people."

Different types of performers display their music every night. Talent ranges from classical jazz to blues jazz to hip-hop jazz, and that opens up the doors for a diverse crowd to come to Yi's place.

With Jazz Minds attracting more and more people every night, Yi laughs at the fact that people said her place wouldn't last more than a couple of months, but it also gives her something she can show her sons to make them proud of her.

"I have one son in the Marine Corps and one in the Army and both of them are in Iraq," Yi said. "They haven't had the chance to come here and see what I've started but I know that they would just love this place."

Until her sons return home from Iraq, Yi said she will be taking care of her new kids, her customers and the bands that play her passion every night.

For more information and directions to Jazz Minds Art and Café, call 945-0800.



Lance Cpl. Chadwick deBree

Jazz Minds Art and Cafe offers a wide variety of jazz music from classical jazz to hip-hop jazz. Along with listening to music, patrons also can enjoy a wide variety of drinks and food made by owner Young Yi.



Cpl. Mark Fayloga

Saxiphonist Randy Wheeler plays a jivin' number during his quintet's performance at Jazz Minds Art and Cafe June 28. Jazz Minds offers different varities of jazz music.



Lance Cpl. Chadwick deBree

Patrons of Jazz Minds Art and Cafe get ready for a performance from local act, Tempo Valley, June 23. Jazz Minds is located on Kapiolani Blvd. in Honolulu right behind the Ala Moana Mall. Owner, Young Yi, greets all her customers at the door with a smile and hug to show them her place is where they can relax and have a good time.



# Desert Diaries

*“We knew the fight was out there and we were getting ready for it”*



**MENDIOLA**

**Lance Cpl. Regina A. Ruisi**  
*Combat Correspondent*

*Since 1965, the Marine Corps has effectively preserved its history through the Marine Corps Oral History Branch. The corps-wide program is conducted here by Capt. Diana Mearns, the historical program officer, who documents the accounts of Hawaii's service members. The warriors' stories are collected orally and join the ranks of thousands of Marines and Sailors who've come before them, dating back to the Vietnam War. "Desert Diaries" tells the personal stories of pride and loyalty, humor and sadness, and the glory and horror of America's wars. The stories are provided by the base historian, and are published to help share our warriors' stories with the public. Marines and Sailors with 2nd Battalion, 3rd Marine Regiment are known as the "Island Warriors." The name seems like it's out of Hawaiian folklore, but rings true with 2/3's Marines and Sailors, who've deployed numerous times in support of the Global War on Terrorism. Sergeant Albert H. Mendiola, Fox Company, 2/3, has war stories to match those of World War II heroes. He's deployed with his Marines to Afghanistan and Iraq in the past*

two years and accomplished everything from assisting in the capture of “Highly Valued Afghans” to training Iraqi Army sergeants major.

Mendiola, born in Fresno, Calif., enlisted in the Marine Corps April 12, 2004 at 19. He joined the Corps to be part of a brotherhood, he said.

“My motivation was the brotherhood that the Corps offered,” Mendiola said. “When I told my recruiter to sign me up, I told him to go ahead and sign me up for 0311, infantry, the hardest job in the Marine Corps.”

After boot camp and training at the School of Infantry in Camp Pendleton, Calif., Mendiola was attached to 2/3.

A year after enlisting, in April 2005, Mendiola deployed to Afghanistan serving as an M-249 squad automatic weapon gunner. While in Afghanistan, the unit's mission was to search for insurgent activities and locate areas where Taliban and other insurgents were located. Once they found them, they would conduct counter attacks on the insurgent groups and capture or kill HVAs.

One of Mendiola's most memorable days in Afghanistan was when the unit planned an ambush on one of the insurgent groups.

The company commander led his troops up a hill in Afghanistan to locate insurgents. Once at the area where the insurgents were known to be, they set up fighting positions, provided cover and concealment and made bunkers to prepare for the fight.

“We knew the fight was out there and we were getting ready for it,” Mendiola said.

The Marines and Sailors spent the night peacefully in their built bunkers. When the sun rose, however, the Marines heard the sounds of oncoming rocket propelled grenades. The Marines, still getting ready to start the day, were caught off guard by an onslaught of RPGs and machine gun fire.

“It was just complete chaos,” he said.

With RPG and machine gun fire raining down on them, the Marines had to maneuver themselves into covered areas, under trees and into their established bunkers, he said.

During the initial burst, the unit sustained four casualties. One Marine was shot in the chest four or five times, one Marine was shot in the leg six times, and a few Marines took RPG fragment and shrapnel

to their bodies, he said.

“Once that had all taken place, we started to fight,” he said. “We started doing what we had to do. We're trained to fight. We started fighting. Immediately we started returning rounds down to the enemy position, all around just raining back down on them.”

After the firefight, the enemy became scared and ran off to seek cover, he said. Once the Marines believed they no longer had to worry about the enemy, they began to evacuate the casualties.

“We had some urgent injured and we had to get them out of there,” he said.

Casualty evacuation helicopters were called in, and Mendiola was sent to help the injured evacuate. The casualties had to be brought up the hill 700 meters in order to be evacuated.

When Mendiola got to the injured, he found one of his friends, unconscious and bleeding out of his leg. His platoon sergeant passed the order for Mendiola to carry the injured Marine up the hill.

“I had a corpsman on my side as I'm carrying him, talking to the casualty making sure he was alright because he kept coming in and out because he had just gotten his morphine,” he said.

Mendiola continued to carry the Marine up the hill while Marines were still exchanging rounds with the enemy. He remembers one Marine who was shot in the chest but wasn't bleeding. Corpsmen were preparing to treat shock caused by a collapsed lung, but the Marine continued to stay conscious and climb the hill to be evacuated.

“That in itself was intense,” Mendiola said.

As the unit made their way to the landing zone for the helicopters, the fight slowed down. The unit was now waiting for another attack to respond to.

“We were just waiting to counter attack again,” he said. “It was like ‘you want to fight, let's go ahead and fight.’”

The Marines set up the landing zone when they saw the helicopters come in. As the helicopter approached, Marines from other units were moved to their position. The Marines found and engaged an insurgent who was trying to shoot down the helicopter.

Once the evacuation was over, the Marines carried the gear of the evacuated Marines.

“We don't want to leave any gear behind for the enemy, so now it's time to hump back down the hill, grab all the gear and head back up,” he said.

Later that night, the Marines set up again to engage the enemy and finish the fight.

“We all set up in a nice, big 360,” he said.

“We had everyone just dug in, ready to fight again. Then dusk came, the sun was setting, and here came the insurgents.”

The insurgents opened fire on the Marines, and Mendiola and another SAW gunner had a good position to fire at the enemy. A mortar man shot rounds from the shoulder at the enemy and they called in air support to engage the enemy position.

“We ended up killing pretty much every insurgent that was there that day,” he said. “That was all in one day, and the story just keeps going.”

In order to get out of the fight, the Marines humped more than 20 miles back to the road where they were dropped off the day prior. On the trip back, the Marines picked up intelligence that the insurgents planned another attack.

“We had killed a high valued Afghani's son, and so they were like ‘we're going to get them back,’” he said. “Then we knew we were marching into another fight, we were like ‘okay, whatever, let's do this.’”

After the nine-hour hike back with the anticipation of an attack, the Marines loaded up the vehicles without the promised insurgent attack.

“After the fight and the bombs were dropped we ended up taking out, I think it was 86 insurgents that day,” he said. “It was definitely a good day for the Marines.”

The Marines and Sailors prepared to leave and, as they pulled out, the insurgents ambushed the unit. The Marines returned fire.

“It's kind of funny, my buddy earlier that day, before we went on that operation, had talked to his dad about him praying for him as we went out on this operation,” he said. “His dad had prayed specifically for us that if we were to be attacked by an RPG, for it to be a dud. As we were moving out an RPG actually hit us and was a dud. His dad's praying had been for the rounds to go around us and the RPG to be a dud, and it was.”

The memories of those two days remain vivid in Mendiola's mind, as if the attack had just taken place yesterday. This story is just one of the memorable events he has in his mind about his service with 2/3 in Afghanistan and Iraq.

Mendiola's story stands as a testimony to the courage and strength that defines Marines. He and his Marines and Sailors are living proof of the honor, courage and commitment that the Island Warriors contribute to the history, tradition and legend that Marines continue to uphold since 1775.

## Sail through deployment with support

**Barbara A. Eastom-Bates**  
*LIFELines*

Think family support groups offer nothing more than social functions? Think again.

Family support groups provide communication, encouragement and support for spouses and family members during times of deployment. Along with ombudsmen, they're a vital link in the chain-of-command.

While family support groups serve spouses at the family level, ombudsmen function as the liaison between these groups and the command, providing official information, rumor control and any necessary assistance.

Angela Cabrera, family ombudsman at National Naval Medical Center, Bethesda, Md., said, "We are the official conduits by which family members can get official command information. We are also a means of support to the family members."

Together, family support groups and ombudsmen form

a spouse's best line of defense against deployment blues.

When Barbara Kelly's husband set sail on a ship forward deployed to a hostile region, the young wife from Virginia Beach, Va., remembers she "nearly fell apart." Kelly was a newlywed who, only months prior, moved from the opposite coast to join her new husband, Jason, a Navy lieutenant.

As they prepared for his departure, she was bolstered by the encouragement and reassurance of her spouse. But, then she stood without him, watching his ship disappear into the distant ocean. She remembers, "I had never felt so isolated and alone in my entire life."

Deployments are never easy. But without a strong support network, they can be overwhelming — and it isn't difficult only on the spouse left at home.

Kelly said, "The hardest part of the deployment for me was reading Barbara's letters and knowing she was struggling to cope, and there

was nothing I could do about it. It made it very difficult for me to concentrate on doing my job."

To successfully perform on a deployment, Sailors must have the peace of mind to know their spouses and families are cared for and have good support available to them should needs arise.

A strong family support group is just what the command ordered.

The Web site of the La Maddalena, Italy, Fleet and Family Support Center notes, "Ombudsmen can give you information on services, upcoming events or help with a crisis if you are unable to resolve the crisis within your own capabilities or resources. Ombudsmen reach out to individual families with friendship, information, problem solving and a helping hand."

While family support is especially vital during deployments, the most proactive groups are active all yearlong.

Michelle Wright, a retired

family support group volunteer from Millington, Tenn., suggests support group leaders take the time to establish relationships with spouses before deployments by encouraging participation in family day activities, fundraisers, events and social functions.

After her first deployment experience, Barbara Kelly sought out her family support group and found it made a world of difference the next time her husband headed out to sea.

"Deployments never seem to get easier," she acknowledged, "but having a common bond with other spouses who are dealing with the same things you are, somehow seems to make it more manageable. When we get together for group functions, it makes the time go by much faster, and it makes me feel good to know I'm actually accomplishing useful things while he is away, instead of just sitting here waiting for his return. In my own way, I'm making a difference, too."

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# MOVIE TIME

**Prices:** Friday and Saturday 7:15 p.m., shows are \$3 for adults and \$1.50 for children. Sunday matinee is shown at 2 p.m. Shows are \$2 for adults and \$1 for children. Evening showings on Sunday and Wednesday are at 6:30 p.m. and late shows are shown Friday and Saturday at 9:45 p.m. Cost is \$2 for adults and \$1.50 for children.

For ticket pricing, the Base Theater Box Office defines an adult as a patron 12 and older and defines a child as a patron from 6 to 11. Children 5 and younger are admitted free of charge. Parents must purchase tickets for R-rated movies in person at the box office for children 16 and younger. Patrons must present their military identification card when purchasing tickets. Call 254-7642 for recorded information.

**Sneak Preview Policy:** One hour and 45 minutes prior to the movie, tickets will be issued to first priority patrons waiting in line, then second and third priority patrons.

In an effort to prevent piracy, the following security measures will be enforced on base for sneak preview screenings: bag checks, confiscation of cameras or cell phones with picture taking capability (items will be returned after screening), magnetometer wand, audience scanning with night vision goggles during screening.

The Base Theater and film companies thank you in advance for your cooperation and hope you will enjoy the show. For recorded information, call the Base Theater at 254-7642.

Shreck the Third (PG)	Today at 7:15 p.m.
Pirates 3: At World's End (PG-13)	Today at 9:45 p.m.
Gracie (PG-13)	Saturday at 7:15 p.m.
28 Weeks Later (R)	Saturday at 9:45 p.m.
Shreck the Third (PG)	Sunday at 2 p.m.
Pirates 3: At World's End (PG-13)	Sunday at 5:30 p.m.
Pirates 3: At World's End (PG-13)	Wednesday at 6:30 p.m.
Ocean's Thirteen (PG-13)	Friday at 7:15 p.m.
Knocked Up (R)	Friday at 9:45 p.m.



## Movie review: ‘Ratatouille’



**Sgt. Sara A. Carter**  
*Community Relations Chief*

*Editor's note: Hawaii Marine's combat correspondents will provide readers with in-depth reviews and unbiased ratings of a film currently in theaters or one of the many classics of yesterday.*

*The rating system requires some explanation before you get started.*

*If the film being reviewed is currently available for rent or purchase it will be assigned a certain number of “microwaves” on a scale of one to five to rate its “reheat factor.”*

*If the film being reviewed is in theaters, it will be assigned a certain number of service stripes on a scale from one to five.*

*In other words, the more microwaves or service stripes the film receives, the better and more entertaining it is to watch.*



**Rating: 5 out of 5 service stripes**

The Disney/Pixar team has done it again with their most recent box office hit “Ratatouille.” Like their previous animated films – “Cars,” “The Incredibles,” “Monsters Inc.,” and “A Bug’s Life” – the film was created for movie-goers of all ages.

Under the streets of Paris, Remy lives with his family of sewer rats. His refined sense of smell allows him to sniff out the best ingredients and his sophisticated taste buds keep him from enjoying the cuisine the rest of his family enjoys: a big helping of garbage. His dream: to become a famous French chef.

But how can a rat, which has no place in a kitchen much less a fancy restaurant, follow his heart’s desires and be accepted by humans?

Remy finds himself in a restaurant made famous by his culinary hero, Auguste Gusteau. There he meets a young boy named Linguini who has no culinary skills whatsoever. With Remy’s help, Linguini soon becomes famous to the public (which has no idea a rat is really responsible for the creations) for the dishes he creates.

The movie keeps the children entertained while they watch Remy run through the streets of Paris being chased by Skinner, the chef-in-charge of Gusteau’s restaurant, and keeps the adults entertained with the movie’s deeper meaning.

This movie has it all: love and hate; trust and betrayal; friendship and acceptance. There is something in it for everyone.

While it’s rare to actually say an individual should go and spend \$6.50 a person to see a movie, this one is worth every cent.



## Book review: ‘Demian’



**Lance Cpl. Regina A. Ruisi**  
*Combat Correspondent*

I don’t particularly consider myself a literary rebel. I find myself in love with the classics, books that basically everyone thinks are good, and high school and college teachers push on students. Maybe I’m unimaginative, maybe I’m unoriginal, but here I am, yet again, tackling an apparent classic.

Hermann Hesse’s “Demian” is a coming of age tale told in retrospect by the middle-aged narrator. The narrator, Emil Sinclair, tells about his youth, showing the unconventional nature with which he grew up. Sinclair, at 10, begins to experience the reality of the world, and, through a very Taoist mentality, realizes his world isn’t as perfect as he previously thought. He begins to realize the harmonies of both good and evil in the world that began in his safe haven of home.

Sinclair becomes friends with young rebel Demian, who questions polite society’s establishment and dares to play the devil’s advocate. Sinclair’s first experience with Demian is when Demian questions the biblical story of “Cain and Abel” the two learn at school. Sinclair is shocked when Demian suggests that Cain is the hero, not the villain of the story, because Cain was the one who dared to live free instead of doing what others wanted him to do. The suggestion is just one of the experiences that

begins to sway Sinclair toward enlightenment.

The surface value of the novel suggests themes of religion, but the true theme behind Sinclair’s life is searching for the root of humanity. Through his growth, Sinclair discovers what the world is truly made of, and through the destinies of the characters, he discovers what he’s made of.

The characters are extremely well developed, though still developing. Sinclair represents the two realms of the world, the yin and yang, the good and evil that are ever present in each action, situation and person. Demian stands as a kind of god in Sinclair’s “religion” or “philosophy” or mind, helping lead him on his path to personal “salvation” of enlightenment.

The book begs the reader to look at their own faith, either helping them solidify their beliefs or question them. Hesse asks us if we are true believers or just one who practices a religion. He asks if we truly know what it is we’re claiming as our “faith,” or if there is more out there for us that we simply need someone to lead us to.

Hesse made me question my beliefs and made me reach for more with it.

The novel doesn’t ask anyone to change their beliefs, just prompts a reader to reestablish their faith in them. Hesse asks the reader to not believe what they’re told, but question everything until they understand, not just accept.



## Talking to children about terrorism, acts of war

### Staff

LIFELines

Kids ask a lot of tough questions, but questions about acts of terrorism or war are some of the hardest to answer. Particularly when the news provides immediate and graphic details, parents wonder if they should protect their children from the grim reality, explore the topic or share their personal beliefs. Even professionals may wonder how much information to provide or how to help children if they’re confused or troubled. And all adults must reconcile the dilemma of advocating nonviolence while explaining terrorism and why nations maintain armies and engage in war. The following answers some common questions and concerns parents and professionals have about talking to children about terrorism and war.

### How do children react to news about war?

Children’s age and individual personalities influence their reactions to stories they hear and images they see about violent acts in the media. With respect to age, preschool children may be the most upset by the sights and sounds they see and hear. Children this age confuse facts with their fantasies and fear of danger. They can be easily overwhelmed. They don’t yet have the ability to keep events in perspective and may be unable to block out troubling thoughts. School-age children can certainly understand the difference between fantasy and reality but may have trouble keeping them separate at certain times. Therefore they may equate a scene from a scary movie with news footage and thus think that the news events are worse than they

really are. They also may not realize the same incident is rebroadcast and may think many more people are involved than is the case. In addition, the graphic and immediate nature-of-news make it seem as if the conflict is close to home—perhaps around the corner. Middle school and high school-age children may be interested and intrigued by the politics of a situation and feel a need to take a stand or action. They may show a desire to be involved in political or charitable activities related to the violent acts.

In addition to age and maturity, children’s personality style and temperament can influence their response. Some children are naturally more prone to be fearful and thus news of a dangerous situation may heighten their feelings of anxiety. Some children or teens may be more sensitive to, or knowledgeable about the events. Children who know someone involved may be especially affected.

Children and teens will also personalize the news they hear, relating it to events or issues in their own lives. Young children are usually most concerned about separation from parents, about good and bad, and fears of punishment. They may ask questions about the children they see on the news who are alone or bring up topics related to their own good and bad behavior. Middle school children are in the midst of peer struggles and are developing a mature moral outlook. Concerns about fairness and punishment will be more prevalent among this age group. Teens consider larger issues related to ethics, politics and even their own involvement in a potential response through the armed services. Teenagers, like adults, may become reflective about

life and reexamine their priorities and interests.

At the other extreme, some children become immune to, or ignore, the suffering they see in the news. They can get overloaded and become numb due to the repetitive nature of the reports. Exposure to multiple forms of violence, such as video games, makes it more difficult to believe in, and understand the real human cost of tragedies. Parents and professionals should be on the lookout for children’s extreme solutions based on what they’ve seen in movies. A macho or impulsive response is ill-advised and should be put into the context of the real conflict.

### How can I tell what a child is thinking or feeling about the terrorist act or war?

It’s not always possible to judge if or when children are scared or worried about news they hear. Children may be reluctant to talk about their fears or may not be aware of how they are being affected by the news. Parents can look for clues as to how their child is reacting. War play is not necessarily an indication of a problem. It’s normal for children to play games related to war and this may increase in response to current events as they actively work with the information, imitate, act out or problem solve different scenarios. Regressive behaviors (when children engage in behaviors expected of a younger child), overly aggressive or withdrawn behaviors, nightmares or an obsession about violence may indicate extreme reactions needing closer attention.

Addressing a child’s particular, personal fears is necessary. Parents should not make

*See CHILDREN, B-5*



File photo

## Come fly with the Blue Angels at K-Bay

### 1st Lt. Binford R. Strickland

Deputy Director

The Marine Corps Base Hawaii Public Affairs Office is now accepting submissions from local media organizations for media rides with the U.S. Navy Blue Angels aerial demonstration team in an F/A-18 Hornet. Media rides are scheduled to be conducted on Oct 11, in preparation for the “Blues on the Bay Air Show,” Oct. 13 through 14, 2007 here.

This opportunity allows the media to get a “birds-eye-view” of Naval Aviation on the beautiful Windward coastline of Oahu. Aerial cockpit footage of the flights will be provided courtesy of the Blue Angels. Media organizations will also have the opportunity to interview Blue Angel pilots following the ride.

All rider nominees must be genuine media representatives for their respective affiliate

(i.e., an actual newspaper reporter, television or radio broadcaster, etc.). Riders from different media types (i.e. television, print, radio etc) will be selected via random drawing for the once-in-a-lifetime opportunity to fly with the Blue Angels. To submit a nomination, send an e-mail to binford.strickland@usmc.mil. Riders chosen to fly with the Blue Angels will be notified of their selection after the random drawing to be held Aug. 3.

Rider nominations are due to the MCBH PAO no later than close of business Friday.

Media representatives who have flown with the Blue Angels or any other demonstration team in the past are not eligible for another flight, regardless of the type of aircraft the team was using at the time of the previous flight.

Careful attention must be directed toward selecting physically and psychologically

qualified media representatives to fly in the F/A-18.

The ideal rider should be of average size (not to exceed 6’6” in height and between 100 and 235 pounds nude body weight), physically fit and free of all medication and alcohol.

Media representatives who are pregnant, have a history of high blood pressure, heart trouble, thyroid disorders or any prior neck or back injury will not be approved for flight. Please do not assume that any ailment is insignificant or acceptable, doing so could unnecessarily endanger the rider.

Applicants will be required to complete an extensive medical questionnaire and receive a routine physical examination from their physician, at their own expense, to confirm that they’re in good health. The medical questionnaire will be provided to riders who are selected.



# SPOTLIGHT ON BASE

## WORD TO PASS

**Free Training and Vendor Fair**  
The General Service Administration is sponsoring a Free Training and Vendor Fair Thursday, at Pearl Harbor’s Banyans from 7:30 a.m. to 2:30 p.m. The event is free for all military service members and Department of Defense employees. The 40 vendors will exhibit items such as: information technology, furniture, tools and hardware and environmental services.  
For more information, call Cynthia McKeague at 541-2770.

**Troops to Teachers**  
Troops to Teachers is coming to Camp H.M. Smith, in building 1B, from 11 a.m. to 1 p.m. Tuesday. The program assists military personnel to become certified and employed in public schools. For more information, contact Bryan Miller at 586-4054.

**Drive-In Theater Now Showing**  
The movie “Cars” will be shown at the Kupulau Child Development Center Playground’s drive-in theater Friday. The movie is open to all ages and participants are encouraged to build their own cars to bring to the movie. For more information, contact Youth Activities at 254-7610.

**Camp Wanna-Read Surprise Story Time**  
Enjoy a special story time at the Base Library from 10 to 11 a.m. tomorrow. Listen to a story and make a fun craft.  
This event is open to all military families, sponsored guests and DoD employees.  
For more information, call Merri Fernandez at 254-7624.

**Parent’s Night Out**  
Parent’s night out will be held at the Kupulau CDC building 6111 July 27, from 6:30 to 9:30 p.m.  
Childcare will be available for enrolled children and their siblings and will cost \$15 per child.  
To make a reservation, call 251-1388.

**Hawaiian Waters Adventure Park**  
Youth activities will have a Hawaiian Waters Adventure Park trip July 27 from 9 a.m. to 5 p.m.  
The trip is open to youths 10 through 17 who participate in Youth Activities here.  
The trip is \$17, however participants must bring money for food and water.  
For more information, call the Youth Activities at 254-7610.

**The Blue Angels to perform**  
The Blue Angels will perform here at the 2007 Kaneohe Marine Corps-Navy Air Show “Blues on the Bay,” Oct. 13 and 14. The U.S. Navy’s Blue Angels Flight Demonstration Squadron, established in 1946, will perform with other aviation acts.  
For more information, call 371-2804.

**Vail Resort Honors America’s Service Members with Special Military Package**  
This summer, the Vail Cascade Resort & Spa in Colorado is providing America’s service men and women with a special vacation offer. The property, managed by Destination Hotels & Resorts, is offering a special Military Package, which includes an \$89 per night room rate for active military personnel plus 40 percent off spa treatments at Aria Spa & Club and 40 percent off food and beverage at Chap’s Grill & Chophouse.  
This offer ends Sept. 15.  
For more information on the Vail Cascade Resort & Spa or to book the property’s special Military Package, please visit [www.vailcascade.com](http://www.vailcascade.com) or call (800) 420-2424. Please use promotional code MILITARY when booking online or reference this code when speaking to a reservations agent.

**DivorceCare**  
Seminars and support groups are led by people who understand what you are going through and want to help. You'll gain access to valuable DivorceCare resources to help.  
The meeting will be held Thursday evening from 6:30 to 8:30 p.m. at First Presbyterian Church at Koolau, 45-550 Kionaole, Kaneohe. Childcare provided with advance notification. For more information, call 532-1111.

**University of Oklahoma Courses**  
The University of Oklahoma is now accepting applications and registration for the Summer term. OU is proud to offer a Master of Arts in Managerial Economics on Hickam AFB. Contact OU at 449-6364 or [aphickam@ou.edu](mailto:aphickam@ou.edu) for more information, or visit [www.goou.ou.edu](http://www.goou.ou.edu).

**Counterintelligence/Human Intelligence MOS**  
The Counterintelligence/Human Intelligence MOS is accepting applications for lateral moves from qualified corporals and sergeants from any MOS.  
For more information, call Master Sgt. Alan J. Taylor 477-8447.

**Island Tour**  
Take the base island tour August 10. Meet in building 216, room 59 at 7:30 a.m. The tour will last until 4:30 p.m. Tour the Island of Oahu, visit the North Shore, Downtown Honolulu, and other places of interest  
Open to all active duty and their family members. Reservation is required. This tour is free.  
For more information, call Marine & Family Services at 257-7790 or 257-7787.

### MARINE MAKEPONO

HAWAIIAN FOR “MARINE BARGAINS”

**AUTO**

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**2005 Jaguar X-type.** 27,000 miles with extended warranty. \$17,000 firm. Call 341-4024.

**AUTO ACCESSORIES**

**1999 to 2006 Jeep accessories.** New Wet Okole seat covers, \$200. Bikini top with side and rear panels, \$100. New black side steps, \$80. Tire cover, \$40. 1994 to 1995 Wrangler 3-inch body life kit still in box \$50. Call 664-3193.

**BOAT**

**1974 Correct Craft Ski Nautique.** 351 Windsor block, late 1998; trailer in 2000. \$8,500 or best offer. Contact via e-mail at [1974nautique@hawaii.rr.com](mailto:1974nautique@hawaii.rr.com).

**MISCELLANEOUS**

**Children’s twin size bedroom set.** Includes frame, dresser with mirror, nightstand and desk, \$150. Toddler bed, \$10. Coffee table, \$15. Dresser, \$20. Baby stroller with carseat, \$25. Call 781-2967.

**Multi-family yard sale.** Saturday from 7:30 a.m. to noon. 2096-B Elrod Avenue.

**Saturday from 7:30 a.m. to noon.** 2700-F Cushman Avenue on base. Everything must go.

*Ads are accepted from active duty and retired military personnel, their family members and MCB Hawaii civil service employees.*

*Ads are free and will appear in two issues of Hawaii Marine, on a space-available basis.*

*Makepono may be used only for non-commercial classified ads containing items of personal property.*

*Those interested in advertising must bring a valid DoD-issued ID to the Hawaii Marine Office.*

*Forms may be filled out Monday through Friday between 7:30 a.m. and 4:30 p.m. at the MCB Hawaii Public Affairs Office located in Building 216, room 19, aboard Marine Corps Base, Kaneohe Bay.*

## ON THE MENU

### AT ANDERSON HALL

**Friday**  
*Lunch*  
Roast turkey  
Lemon baked fish fillets  
Baked macaroni & cheese  
Garlic roasted potato wedges  
Mixed vegetables  
Lyonnaise carrots  
Cream gravy  
Peach pie  
Chocolate chip cookies  
Spice cake w/lemon butter cream frosting  
Vanilla/chocolate cream pudding  
Lemon gelatin  
Orange gelatin  
*Specialty bar: Deli Bar*

*Dinner*  
Chili conquistador  
Chicken cacciatore  
Burritos  
Refried beans  
Spanish rice  
Simmered corn  
Green beans  
Taco sauce  
Desserts: Same as lunch

**Saturday**  
*Dinner*  
Pork roast  
Chicken cordon bleu  
Mashed potatoes  
Boiled egg noodles  
Simmered broccoli Polonaise  
Simmered succotash  
Chicken gravy  
Boston cream pie  
Shortbread cookies  
Yellow cake w/butter cream frosting  
Vanilla/chocolate cream pudding  
Lemon/raspberry gelatin

**Sunday**  
*Dinner*  
Oven roast

Honey glazed Cornish hens  
Rice pilaf  
Savory bread dressing  
Asparagus w/hollandaise sauce  
Simmered squash Creole  
Brown gravy  
Pumpkin pie  
Oatmeal cookies  
Devil’s food cake  
Vanilla/chocolate cream pudding  
Strawberry/lime gelatin

**Monday**  
*Lunch*  
Beef stew  
Baked fish fillets  
Baked macaroni & cheese  
Wild rice  
French fried okra  
Buttered corn  
Cream gravy  
Pecan pie  
Chewy nut bars  
Spice cake w/butter cream frosting  
Vanilla/chocolate cream pudding  
Lemon gelatin  
Strawberry gelatin  
*Specialty bar: Pasta*

*Dinner*  
Potato chowder soup  
Beef noodle soup  
Veal parmesan  
Braised pork chops, bone in  
O’Brien potatoes  
Spaghetti  
Marinara sauce  
Mixed vegetables  
Peas w/onions  
Mushroom gravy  
Desserts: same as lunch

**Tuesday**  
*Lunch*  
Barbeque chicken  
Battered fish portions  
Steak fries

Simmered corn  
Simmered asparagus  
Chicken gravy  
Sweet potato pie  
Double chocolate chip cookies  
Yellow cake w/chocolate chip frosting  
Vanilla/chocolate cream pudding  
Cherry/orange gelatin  
*Specialty bar: Taco*

*Dinner*  
Turkey ala king  
Salisbury steak  
Parsley buttered potatoes  
Glazed carrots  
Club spinach  
Brown gravy  
Desserts: Same as lunch

**Wednesday**  
*Lunch*  
Chili macaroni  
Roast turkey  
Grilled cheese sandwich  
Mashed potatoes  
Simmered pinto beans  
Simmered mixed vegetables  
Turley gravy  
Cheesecake w/cherry topping  
Peanut butter cookies  
Peanut butter cake w/peanut butter frosting  
Vanilla/chocolate cream pudding  
Lemon/raspberry gelatin  
*Specialty bar: Hot dog & sausage*

*Dinner*  
Meat loaf  
Pork ham roast  
Mashed potatoes  
Tossed green rice

Cauliflower combo  
Broccoli w/cheese sauce  
Brown gravy w/mushrooms  
Desserts: Same as lunch

**Thursday**  
*Lunch*  
Swiss steak w/brown gravy  
Chicken Parmesan  
Rice pilaf  
Oven browned potatoes  
Corn on the cob  
Simmered peas & carrots  
Brown gravy  
Blueberry pie  
Brownies  
White cake w/lemon cream frosting  
Vanilla/chocolate cream pudding  
Lime/cherry gelatin  
*Specialty bar: Country bar*

*Dinner*  
Beef Yakisoba  
Sweet & sour pork  
Shrimp fried rice  
Steamed rice  
Simmered broccoli  
Fried Cabbage w/bacon  
Chicken gravy  
Desserts: Same as lunch

## LIBERTY BUS SCHEDULE

The following is the schedule for Marine Corps Base Hawaii’s Liberty Bus, which makes trips from MCBH, Kaneohe Bay to Waikiki and back every Friday and Saturday. This shuttle service is free and offered to active duty service members only with ID.

Pickup	Drop Off	Pickup Times
Marine Corps Exchange and Enlisted Club	Hale Koa Hotel parking structure*	6:35 p.m. 9:25 p.m. 1:25 a.m.
Pickup	Drop Off	Pickup Times
Hale Koa Hotel	Marine Corps Exchange Annex and Enlisted Club	7:50 p.m. Midnight 3 a.m.

\*The pickup location in Waikiki is located across the street from the Hale Koa Hotel near the vehicle entrance to the parking structure.

BEFORE YOU TAKE IT OFF, THINK ABOUT HOW WELL IT FITS.

This uniform represents more than 221 years of history and tradition. It's the identity worn by the courageous and heroic since the Revolutionary War. Earned through discipline, hard work and dedication. Respected by all. Keep your uniform in good condition making history the year Prior Service Recruiters about the many benefits and opportunities with the Marine Corps Reserve or call 1.800.ARMED or visit [MARINES.COM](http://MARINES.COM).

ONCE A MARINE. ALWAYS A MARINE.



CHILDREN, from B-3

assumptions about what worries their child. Parents are often surprised by a child's concerns, e.g. worry about being shot while at Sunday school or refusal to go on a boat ride after seeing a ship get attacked.

How should I talk to children about a terrorist attack or war?

Contrary to parents' fears, talking about violent acts will not increase a child's fear. Allowing children to keep scary feelings to themselves is more damaging than open discussion. As with other topics, consider the age and level of understanding of the child when entering into a discussion. Even children as young as four or five know about violent acts, but all children may not know how to talk about their concerns. It's often necessary for parents to initiate the dialogue themselves. Asking children what they've heard or think is a good way to start. Parents should refrain from lecturing or teaching about the issues until there has been some exploration about what is most important, confusing or troublesome to the child. Parents should look for opportunities as they arise, for example when watching the news together. They can also look for occasions to bring up the topic when related topics are discussed (for example, when people in a television show are arguing). Discussion about larger issues such as tolerance, difference and non-violent problem solving can also be stimulated by the news. Learning about a foreign culture or region also dispels myths and more accurately points out similarities and differences.

Far-off violent events can stimulate a discussion of non-violent problem solving for problems closer to home. For example, helping children negotiate how to share toys or take turns in the baseball lineup demonstrates productive strategies for managing differences. Older children may understand the issues when they are related to a community's arguments over a proposed shopping mall. Effective ways of working out these more personal situations can assist in explaining the remote violent situations.

Adults should respect a child's wish not to talk about particular issues until ready. Attend to nonverbal reactions, such as facial expression or posture, play behavior, verbal tone or content of a child's expression, which offer important clues to a child's reactions

and unspoken need to talk. Answering questions and addressing fears does not necessarily happen all at once in one sit-down session or one history lesson plan. New issues may arise or become apparent over time and thus discussion about war should be done on an ongoing and as-needed basis.

Should I let a child watch television or read about the terrorism or war?

Parents and professionals can assume the majority of children have access to information or hear about current events. Understanding the child's age and personality style determines how much direct access adults should provide. Watching, reading or examining the news together is the best way to gauge children's reactions and to help them deal with the information. In discussing what is viewed or heard together, parents and professionals become informed about how the children processed the material and how they feel about it. It also provides a ready forum for discussing the topic of terrorism, violence or war. Correcting misinformation and discussing personal feelings are then more beneficial.

Should I tell my child my opinion?

Terrorism and war provide a perfect opportunity to discuss the issues of prejudice, stereotyping, aggression and nonviolent ways to handle situations. Unfortunately, it's easy to look for and assign blame, in part to make a situation understandable and feel it was preventable. Adults must monitor their own communications, and be careful to avoid making generalizations about groups of individuals, which dehumanizes the situation. Open, honest discussion is recommended. But adults must be mindful of stating their opinions as fact or absolutes.

Discussions should allow for disagreement and airing of different points of view. If children feel their opinion is wrong or misunderstood, they may disengage from dialogue or feel that they're bad or stupid. In discussing how terrorism or war often stems from interpersonal conflict, misunderstanding or differences in religion or culture, it's important to model tolerance. Accepting and understanding others' opinions are necessary steps in nonviolent conflict resolution.

Distinguishing between patriotism and opinion can be helpful. One can disagree with

a cause or action but still believe in the right to have arms or feel it's important to defend a country. The manner in which issues are resolved is separate from one's allegiance or personal beliefs.

How can I reassure a child?

Don't dismiss a child's fears. Children can feel embarrassed or criticized when their fears are minimized. Exploring the issues and finding positive ways of coping help children master their fear and anxiety. Parents and professionals can reassure children with facts about how people are protected (for example, by police in the community or the President who meets with world leaders) and individual safety measures that can be taken (for example, reinforcing the importance of talking to an adult when bullied). Avoid "what if " fears by offering reliable, honest information. Maintaining routines and structure is also reassuring to children and helps normalize an event and restore a sense of safety.

What should I do if we know someone in the area of the conflict or terrorism?

Having a personal relationship with someone in the area of conflict or target of terrorism can cause additional troubling feelings. When a friend or relative is involved in a traumatic newsworthy event others often search for information. It is advisable to find the most reliable information source and filter out the potentially inaccurate news provided to the general public. Obtaining accurate information is necessary for knowing how best to communicate with the person. Taking events one step at a time, being realistic about what is known rather than preparing for the worst can be difficult but helpful. Imagining the worst does not prevent it from happening and can turn an unpredictable situation into an unnecessarily bleak one.

Obtaining support from others in a similar situation by sharing information or feelings helps some people feel less alone and validates their distressing feelings. Adults can share their fears but must manage their own distraught reactions so as not to scare their children or students. Engaging in some normal activities of life, especially eating, sleeping, school and work provides stability and predictability at a time when events make life seem confusing.



File photo

# Save money while you grocery shop

Valerie Grosz

LIFELines

Though grocery shopping is a constant in your routine and budget, the high expense doesn't have to be. With a little extra energy, you can save hundreds of dollars a year at the grocery store.

Benefits of Coupon Cutting

Cutting coupons that match the products you normally buy is guaranteed savings. Even better is when you can use the coupons in the commissary, or when you can use the coupons at civilian stores that acknowledge double coupons by subtracting double the coupon amount.

Where to Find Coupons

You can find most coupons in the Sunday paper. Cutting coupons takes roughly 15 minutes, and the savings are worth it. Coupons can also be obtained via the Internet. Smart Source offers coupons based on your family profile. After registering, you can print out the coupons and use them in any grocery store or commissary. This site also has recipes to encourage cooking dinner instead of dining out.

Cool Savings doesn't cost either, however, you must complete an exhaustive personal sur-

vey before finding the printable coupons. This site also offers several types of savings, but be ready to be tempted by other promotional offers that do require a fee.

Several Web sites offer a coupon delivery service in which, after paying a membership fee, you can choose your own coupons and have them delivered for another fee.

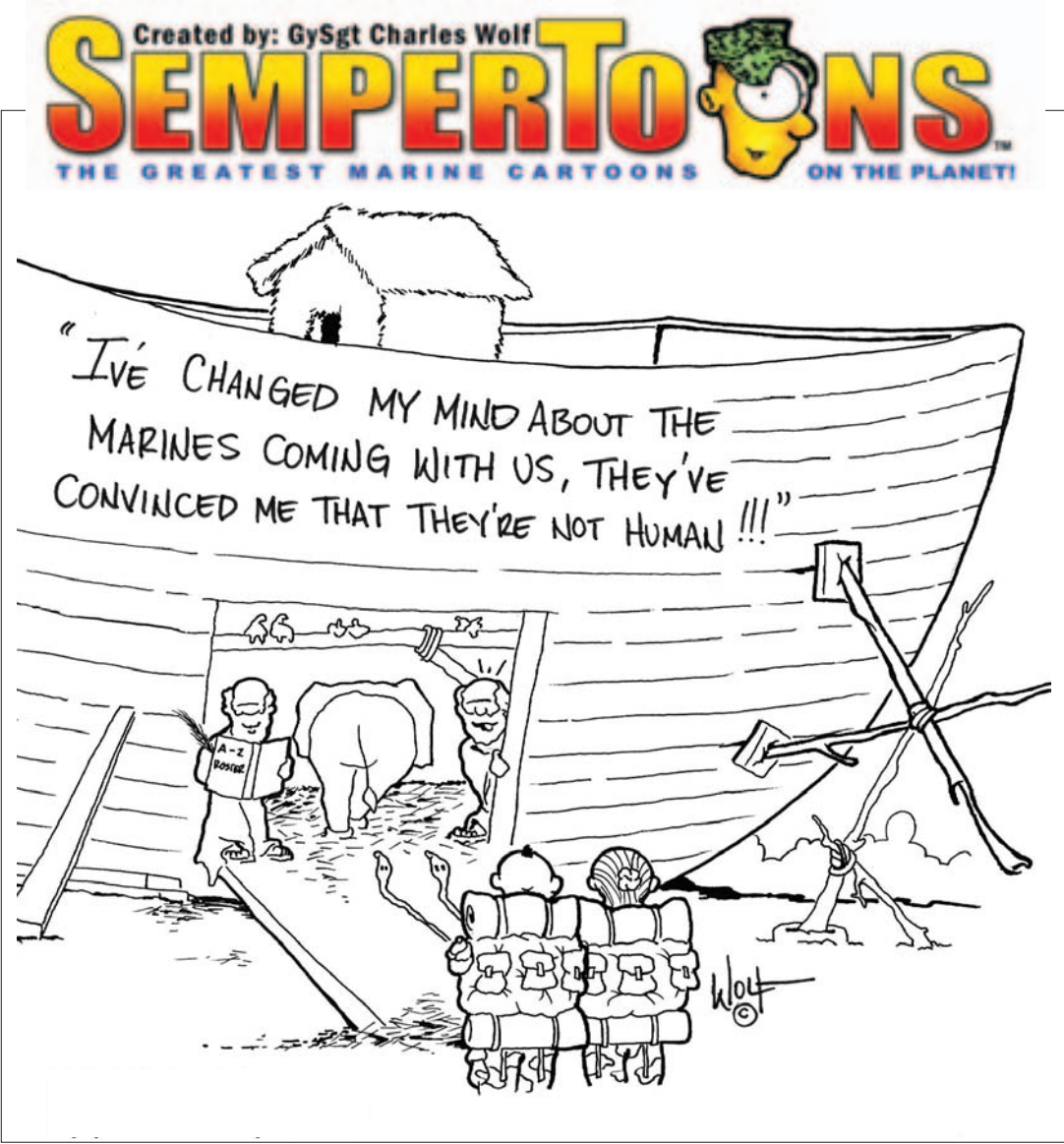
Pennysaver is a unique site, free of charge, that tells you what products you can purchase at any grocery store in your area to earn "Web Bucks" — money coupons printed at the cash register that you can use for any items on subsequent shopping trips.

Be sure to read each Web sites privacy policy to find out what they do with any personal information you might provide.

Quick Tips

- Become a club member if stores offer it. It costs nothing and saves a bundle.
  - Buy sale items when possible even if they are store brand. The ingredients are very similar if not the same as name brands.
  - Cut coupons only for the products you use.
- It is easy to get coaxed into buying unnecessarily just because you have a coupon.

To really benefit from coupon savings, a good idea is to add up your savings each month and pay your savings account that amount.





# AROUND THE CORPS

## Outback Steakhouse customer satisfaction reaches all time high

**Cpl. Ryan R. Jackson**  
*2nd Marine Aircraft Wing (FWD)*

**AL ASAD, Iraq** — Smells of secret sauces and spices filled the inside of the dining facility as employees from Outback Steakhouse prepared Bloomin’ Onions, calamari and pasta. Outside, the scent of sizzling steaks rose from the grill and wafted throughout the base.

A task force of 22 employees from Outback Steakhouse and its sister company Carrabba’s Italian Grill fed the troops of Al Asad during Feeding Freedom Five, June 17.

To complete their mission they had to reach one goal: give the service members the best meal of their deployment.

“We came to show our support and it’s a way for us to say thank you from Carrabba’s and Outback,” said Josh Upton, a national food technician for Carrabba’s Italian Grill and the team leader for the operation. “One of our philosophies is to give for the sake of giving, not to get something back.”

Outback Steakhouse began arranging Feeding Freedom Five in November 2006. The tours, which are semi-annual, are designed to feed deployed service members throughout the Middle East, feeding troops in Afghanistan, Kuwait, Salerno and Iraq.

According to Shanda Breedlove, a service technician at Outback Steakhouse in Atlanta, the point of the tour was to bring service members a taste of home and give them a good meal.

“It’s been very exciting, it’s nice to see their faces, they really appreciate this and it’s not enough thanks for what they do for us,” Breedlove said. “It’s very simple, but I’m glad it means a lot to them.”

To achieve the same freshness and food quality as a steakhouse from home, the company donated all of the food. The rib eye steaks, potatoes, onions and calamari we’re flown over to provide the highest degree of freshness and satisfaction for the troops.

In order to produce a meal for approximately 13,000 service members and contractors on Al Asad, the Outback employ-

ees took a lesson from the troops; they learned to adapt and overcome.

The biggest challenge the Outback employees faced was making sure everything came together including preparation time and ingredients, added Matt Bregner, a food quality control technician for Outback restaurants in the Pennsylvania region.

The team spent the night before the dinner preparing the Bloomin’ Onions, Bloomin’ Onion sauce and potatoes at all three base dining facilities. They cut the fresh onions with a special press and then made the Bloomin’ Onion sauce by mixing secret ingredients. Finally, they rinsed the potatoes in salt and butter before baking them.

“Preparation wise, it takes about eight hours for this many people,” Upton said. “We cook the steaks non-stop from 10 a.m. until 6 p.m. to get them all done. We have 14,000 steaks. The last feeding we had, we served fillets and every Marine came up for

two steaks and a potato.”

The Outback employees had mixed predictions on what the troops would like the most, but they had it cornered to either the Bloomin’ Onion or the steak.

The votes weren’t quite unanimous among the service members, but the two most popular menu items were the Bloomin’ Onion and the rib eye steak.

“The bloomin onion was the best part of the meal,” said Lance Cpl. Jeff Harris, a data network specialist with Marine Medium Helicopter Squadron 163.

After reflecting on the meal with a full belly, service members found they appreciated more than just the steak.

“The steak is juicy, it’s tender and it’s not over-cooked,” said Lance Cpl. Arthur Watson, a Marine Aviation Logistics Squadron 29 avionics technician. “It reminds me of back home and this shows us that there are actually people out there who care.”



Cpl. Ryan R. Jackson

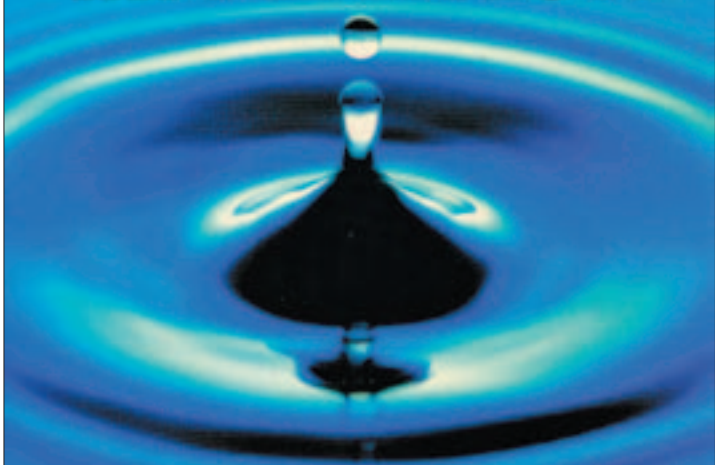
Lance Cpl. Jeff Harris, a data network specialist with Marine Medium Helicopter Squadron 163, enjoys a section of Bloomin’ Onion courtesy of Outback Steakhouse, June 17. Outback Steakhouse fed troops throughout the Middle East during their latest tour Feeding Freedom Five.



Cpl. Ryan R. Jackson

An assembly line of Outback Steakhouse employees transform normal onions into their signature Bloomin’ Onions, June 16. During operation Feeding Freedom Five the Outback employees fed service members in Afghanistan, Kuwait, Iraq and Salerno.

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Your blood pressure should be below 140/90 mm Hg.

Blood Pressure

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or lower

Total Cholesterol

**200 mg/dL**

or lower

**HeartStroke Briefs**

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**Water Conservation.**



**It's everyone's responsibility**

